

# DO THIS AT ONCE

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**J. E. WRIGHT, Mgr.**

### **Sleep As Much As You Can.**

Woods Hutchinson in American Magazine.

"How much sleep shall I take in twenty-four hours?" This can be answered unhesitatingly in five words, "As much as you can." Here no competent authority would question the absolute safety of instinct as a guide. As the period of sleep represents the time necessary to restore the oxygen balance of the tissues, to recharge the battery then obviously it must last until that process has been completed, as attested by the familiar sense of "resedness" and refreshment. "Go to sleep when you're tired, get up when you wake feeling rested," contains the philosophy of the whole problem.

As a matter of fact the average amount of sleep taken by most individuals is in the neighborhood of nine hours. The proverbs are as usual, at sea, and have about the usual amount of influence over actual practice. "Seven hours for a man, eight for a woman, and nine for a 'fool,'" has been their dictum for centuries, but the average human being cheerfully plunks himself into the "fool" class, much to his benefit. I believe that the usual eight-hour average laid down in text books errs on the side of brevity, and the majority of men in active work take more than this or else suffer for it.

The average laboring man goes to bed at between 8:30 and 9:30 or if he does not, often falls asleep in his chair about 7:30 or 8 and sleeps until 6. The average business or

professional man goes to bed about 10 and rises about 7, each class getting on an average nine and ten hours, respectively.

### **Suggestions for Housewives.**

Brooms soaked in hot salt water wear better and do not break.

To prevent lamps from smoking, wash the wick thoroughly in warm water with a little soap dissolved in it. Then rinse in clean water and let dry. After it is dry soak the wick in strong vinegar for an hour; then dry.

Often when slightly corroded the tops of salt cellars are difficult to remove. In the end of a stout stick put two very thin wire nails. The nails can be thrust into the holes of the cover, while the stick acts as a lever. It is very easy to remove the top in this manner.

Many garments are rusted by hanging them upon rusty hooks, so the careful housewife who would avoid all such trouble will be glad to note that all hooks in the closets, wardrobes and bathroom should be dipped into white enamel paint. This not only prevents rust, but it makes the hooks visible in the semi-darkness, which is an additional advantage.

### **For Twenty Years**

Other chill remedies have sprung up and flourished for a brief season and then passed away—even from memory—but for twenty long years Cheatham's Chill Tonic has been in the field of action. The reason is simple. It has merit. It actually cures Chills and Fevers while the majority of others merely promise to. One bottle guaranteed to cure any one case.